



A Weight-Loss Plan that Works as Hard as You Do.

Five reasons why Weight Watchers At Work meetings* work.

1 Customized Support

Weight Watchers At Work generally offers a small and intimate group setting to support your weight-loss efforts, allowing for a great level of customized assistance and specialized attention to your specific needs. After your first At Work meeting, your Weight Watchers leader will evaluate the commonalities between you and your coworkers and tailor future discussions and motivational sessions to best meet those common needs. With weekly motivational discussions and robust weight-loss resources offered free through WeightWatchers.com, you'll be focused on your goals and well positioned for long-term success.

2 Convenience & Comfort

You've been wanting to focus on your weight-loss efforts, but there always seems to be some reason why you just can't right now. When you don't have a convenient, easy to follow weight-loss plan, it's very easy to let the "why you can't" reasons win out over the "why you should" reasons when it comes to making a decision to lose weight. With Weight Watchers At Work meetings, you have the ultimate convenience because we come to you. In most cases, meetings are held during the workday and within just a few steps of your desk. So, weight-loss success is literally just steps away. Best of all, you get to share the experience and success with people you know, right in the comfort of your workplace.

3 Daily Motivation

In order to find the weight-loss success you are looking for, you're going to need daily motivation to help keep you on track. With Weight Watchers At Work meetings, you have that motivation, because your co-workers are right there with you throughout your journey, facing many of the same issues and challenges that you face. You'll always have somebody nearby to share experiences and solicit useful tips. Most importantly, you'll always have somebody to remind you that you don't have to give in to stress temptations and run out for that bacon cheeseburger on those bad days. With that daily reinforcement, success always seems within reach.

4 A Healthy Environment That Promotes Success

If you're like most Americans, you spend a majority of your waking hours at work. Because of the significant time you spend in the workplace, your company environment and daily work activity play a key role to the success of your weight loss. When Weight Watchers comes to your job, we can help transform your work environment into an atmosphere that is more conscious of weight-loss issues, while fostering daily motivation from your co-workers that will prove valuable to your long-term success. The office may think twice now about those donut breakfast extravaganzas or junk food-ridden birthday celebrations and that's great news for you.

5 Personal Satisfaction

If you've been to a Weight Watchers meeting, chances are that you've heard this memorable saying. **"Nothing tastes as good as thin feels."** When you start losing weight and notice the difference in your health, appearance and energy, you will most likely become a strong supporter of that statement. There is a tremendous amount of personal satisfaction and a strong sense of accomplishment that comes with weight-loss success. With Weight Watchers At Work meetings, you get to share that success with people you know and see everyday. They will be there to share in your success and you will be there to share in theirs. Experiencing their success can be just as powerful and rewarding as your own weight-loss accomplishments.

*Available only in participating areas in the U.S. Minimum enrollment required.

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